

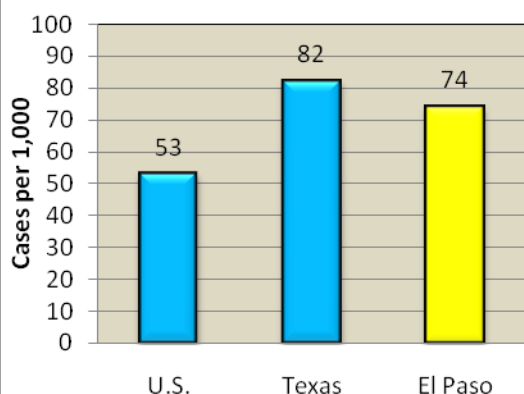
Diabetes Prevalence¹

Healthy People 2010 Objective: 25 cases per 1,000 people

National

El Paso County had a higher prevalence of diabetes than the United States, but lower than Texas in 2005.

Figure 21. Diabetes Prevalence for El Paso County, Texas and U.S. in 2005

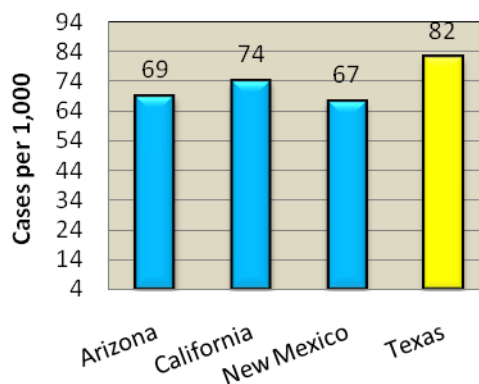


Source: NDSS, 2005

State

Texas had the highest diabetes prevalence of all Border States in 2005.

Figure 22. Diabetes Prevalence for U.S.-Mexico Border States in 2005

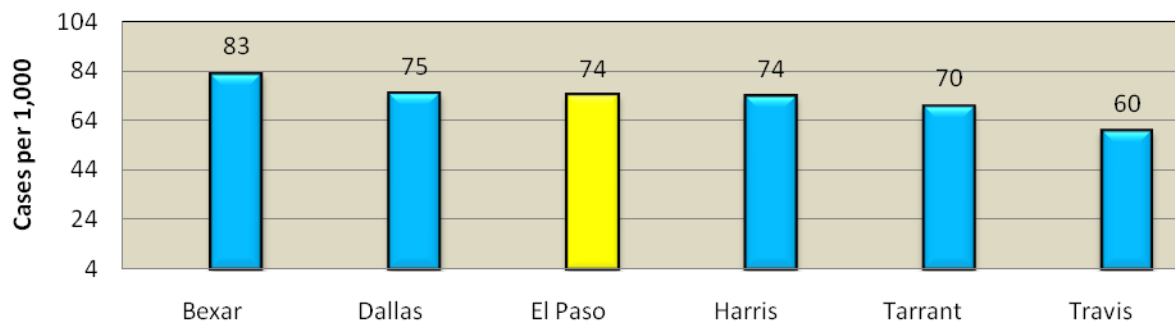


Source: NDSS, 2005

Texas Non-Border Counties

El Paso County and Harris County had the same diabetes prevalence in 2005 and ranked third for the highest prevalence of diabetes of all Texas Non-Border Counties. Bexar and Dallas Counties were first and second, respectively.

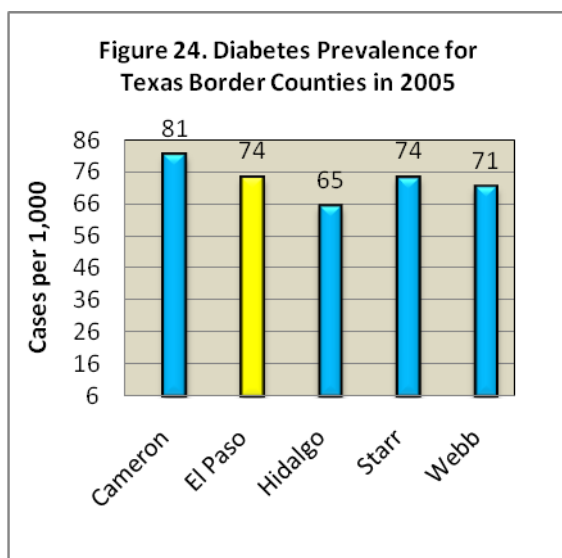
Figure 23. Diabetes Prevalence for Texas Non-Border Counties in 2005



Source: NDSS, 2005

Texas Border Counties

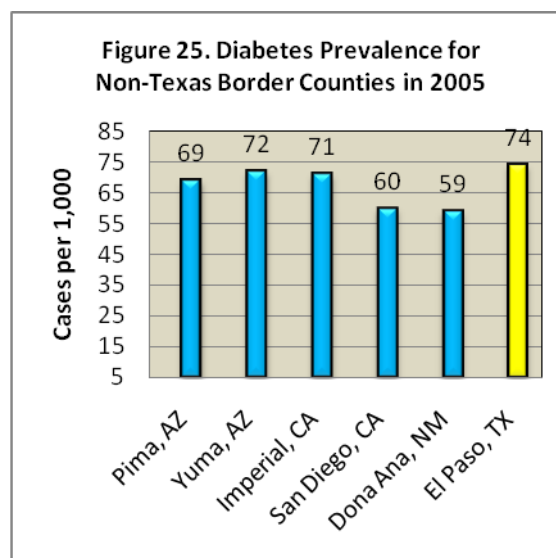
El Paso and Starr County had the second-highest diabetes prevalence of the Texas Border Counties in 2005.



Source: NDSS, 2005

Non-Texas Border Counties

El Paso County had the highest diabetes prevalence in comparison to Non-Texas Border counties in 2005.



Source: NDSS, 2005

El Paso County	Healthy People Objective	Goal Met	Year
74 cases	25 cases	No	2005

¹Cases per 1,000 people

Diabetes Prevention

- Exercise
- Reduce obesity and overweight
- Eat fruits, vegetables, and whole grain foods
- Eat lean meats, fish, and poultry
- Consume non-fat dairy products
- Drink water and calorie-free drinks
- Use liquid oils instead of solid fats
- Decrease high-calorie snacks and desserts
- Be aware of portion sizes

Source: American Diabetes Association, 2008

